

Frozen

拍數: 48 牆數: 4 級數: Intermediate waltz
編舞者: Paul McAdam (UK) - November 2014
音樂: Cold - Annie Lennox : (Album: Diva - iTunes - 4:23)



Intro at approximately 24 counts into song

[1-12] 2X REVERSE TWINKLES, WEAVE, SLIDE

- 1,2,3 Step left foot back and slightly across right foot, rock right foot out to right side, step left foot back
- 4,5,6 Step right foot back and slightly across left foot, rock left foot out to left side, step back on right foot
- 7,8,9 Cross left foot behind, step right foot to right side, cross left foot over right foot
- 10-12 Step right foot a big step to right side, slide left foot up to right over 2 counts (no weight)

[13-24] 1/4 MONTEREY FULL TURN, TWINKLE, CROSS 1/2 TURN

- 13-15 Make a 1/4 turn left and step forward on left foot, touch right toe out to side, hold a count (prep for full turn)
- 16-18 Pivot a full turn right on left foot, step right foot down next to left, rock left foot out to left side, recover weight right
- 19-21 Cross left foot over right, step right foot slightly to right diagonal, step left foot to left diagonal,
- 22-24 Cross right foot over left, make a 1/4 turn right and step back on left foot, make a 1/4 turn right and step right foot to right side

[25-36] DIAGONAL KICK, BACK TOUCH, 1/2 TURN BACK BASIC

- 25-27 Step left foot forward to right diagonal, kick right foot forward to right diagonal over 2 counts
- 28-30 Step right foot back, touch left toe back to left diagonal, hold a count
- 31-33 Step forward on left foot, make a 1/2 turn left and step right foot back, step left foot back
- 34-36 Step back on right foot, step back on left foot, step right foot next to left

[37-48] STEP 1/2 TURN, LOCKING STEP, 1/2 TURN, PIVOT 1/2 TURN X2 + SWEEP

- 37 Step forward on left foot
- 38&39 Make a 1/2 turn left and step back on right foot, lock left foot over right, step back on right foot
- 40-42 Make a 1/2 Turn left and step forward on left foot, step forward on right foot, pivot 1/2 turn left (weight on left)
- 43 Step forward on right foot
- 44&45 Make a 1/2 turn right and step back on left foot, lock right foot over left, step back on left foot
- 46-48 Make a 1/2 turn right and step forward on right foot, sweep left foot forward whilst making a 1/2 turn right leaving left toe touched out to left side (weight ends on right)

START AGAIN AND ENJOY!